



Hudsonville XC



October 26 - October 31

Monday NO SCHOOL SO ON YOUR OWN TOMORROW

PREMEET for Runners tomorrow everyone 28mins easy 1x800 at threshold everyone should know their thresholds then 3x200 at 2mile pace 115min recovery

Tuesday 2 MILE RACE AT 330PM WEAR SPIKES UNIFORMS WE WILL SCREEN AT 300 AND THEN WARM UP AT 310

AFTER WE WILL HAVE WINGS AND BREADSTICKS FOR PICK EM AND SUMMER RUNNING PICK UP FOR PARENTS WILL BE AROUND 430 FOR THOSE PEOPLE

WEDNESDAY

NO Practice everyone off or 25mins recovery if needed from yesterday i would encourage everyone to at least walk your dog or go on a 10min walk to get soreness out of calves Thursday

3x long hill sprints everyone
20mins 2x1000 then 4x master blaster will be done by 415

Friday - premeet everyone 24mins easy 1x800 threshold 3x200 LAST PRACTICE

Saturday- RACE AT HUGHES PARK

MAKE SURE YOU TAKE CARE OF TOILET BUSINESS AT HOME - only number 1 at park - we will get there at 10am and then race at 1035am. 3 full loops and then last loop you finish were we started about SPIKES AND UNIFORMS PARENTS CAN COME



